

1 LifeShape LED™ Meal Plan – 1800 Cals

The calorie meal plan below is designed to include 1 LifeShape LED replacements in a balanced manner. The number of serves from each food group is shown in the next column. The serve sizes are provided on our Meal Plans page. You will be able to use these lists to make individual changes to the sample menu. If there are foods you do not wish to have, you need to exchange it for an equivalent amount of a different food within the food group. Aim to achieve the correct number of servings each day as recommended. The total number of calories will depend on the food choices made.

Daily Intake	Serves per day
Bread/Starch	5
Fruit	2
Vegetables	5
Meat & meat alt	6
Dairy	3
Fats	3
Fluid	2 litres water min.

Meal Time	Option A	Calories	Meal Time	Option B	Calories
BREAKFAST			BREAKFAST		
1 Bread/Starch	¾ cup cereal	130			
1 Dairy	200ml reduced fat milk	95			
1 Bread/Starch	1 slice wholegrain toast	130			
1 Fat	2 tsp peanut butter	60			
MORNING TEA			MORNING TEA		
1 Fruit	1 medium apple	70			
1 Dairy	200g diet yoghurt	100			
LUNCH			LUNCH		
2 Meat/Meat Alt	60g lean ham	110			
2 Vegetable	2 cups mixed vegetables/salad	50			
2 Bread/Starch	1 wholegrain wrap	200			
1 Dairy	40g low fat cheese	100			
1 Fat	1 tbsp avocado	60			
AFTERNOON TEA			AFTERNOON TEA		
1 LifeShape LED	LifeShape LED	160			
1 Fruit	1 medium apple	70			
DINNER			DINNER		
4 Meat/Meat Alt	120g (cooked) lean steak	220			
3 Vegetable	3 cups steamed vegetables + soy sauce & garlic	75			
1 Bread/Starch	½ cup cooked rice	130			
TOTAL		1760	TOTAL		